

# THE BECOMING CENTER

## POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Open Swim</b> 6:30 – 8:00 <b>Pool Closed (PT)</b> 8:00 – 9:00 <b>H2O Aerobics</b> 9:00–9:55 Barbara <b>H2O Aerobics</b> 10-10:55 Barbara <b>H2O Aerobics</b> 11-11:55 Maria <b>Open Swim</b> 12:00 – 1:00 <b>H2O Aerobics</b> 1:00–1:55 Genie <b>Open Swim</b> 2:00 – 6:00	<b>Open Swim</b> 6:30 – 8:40 <b>H2O Aerobics</b> 8:45-9:30 Maria <b>H2O Ai Chi</b> 9:35–10:20 Maria <b>Arthritis Basics</b> 10:30–11:25 Cindy <b>Open Swim</b> 11:30 – 1:30 <b>Pool Closed (PT)</b> 1:30 – 2:30 <b>Open Swim</b> 2:30 – 6:30 <b>H2O Aerobics</b> 6:45-7:45 Linda	<b>Open Swim</b> 6:30 – 8:00 <b>Pool Closed (PT)</b> 8:00 – 9:00 <b>H2O Aerobics</b> 9:00–9:55 Linda <b>H2O Aerobics</b> 10–10:55 Linda <b>H2O Aerobics</b> 11-11:55 Maria <b>Open Swim</b> 12:00 – 1:00 <b>H2O Aerobics</b> 1:00–1:55 Genie <b>Open Swim</b> 2:00 – 6:00	<b>Open Swim</b> 6:30 – 8:40 <b>H2O Aerobics</b> 8:45-9:30 Genie <b>H2O Ai Chi</b> 9:35–10:20 Genie <b>Arthritis Basics</b> 10:30–11:25 Linda <b>Open Swim</b> 11:30 – 1:30 <b>Pool Closed (PT)</b> 1:30 – 2:30 <b>Open Swim</b> 2:30 – 6:30 <b>H2O Aerobics</b> 6:45-7:45 Linda	<b>Open Swim</b> 6:30 – 8:00 <b>Pool Closed (PT)</b> 8:00 – 9:00 <b>H2O Aerobics</b> 9:00–9:55 Cindy <b>H2O Aerobics</b> 10:00–10:55 Cindy <b>Open Swim</b> 11:00 – 1:00 <b>H2O Aerobics</b> 1:00–1:55 Barbara <b>Open Swim</b> 2:00 – 6:00	<b>Open Swim</b> 8:00 – 9:00 <b>H2O Aerobics</b> 9–9:55 Genie/Maria <b>Open Swim</b> 10:00 – 1:30  <div style="background-color: #0056b3; color: white; text-align: center; padding: 5px;"><b>SUNDAY</b></div> <b>Open Swim</b> 8:00 – 1:30

## LAND CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Strength Circuit</b> 8:45   Don <b>Cardio Interval</b> 9:45   Scotty <b>Mat Pilates</b> 10:45   Scotty <b>Yoga Sculpt</b> 5:30   Scotty	<b>Yoga</b> 9:00   Scotty <b>TaijiFit</b> (In Chapel) 9:15   Cindy <b>Meditation</b> 10:00   Scotty <b>Chair Yoga</b> 11:00   Scotty	<b>Strength Circuit</b> 8:45   Don <b>Cardio Interval</b> 9:45   Scotty <b>Fusion Flow</b> 10:45   Scotty	<b>TaijiFit</b> (In Yoga Room) 9:15   Cindy <b>Yoga</b> 10:00   Scotty <b>Chair Yoga</b> 11:00   Scotty <b>Yoga Sculpt</b> 5:30   Scotty	<b>Strength Circuit</b> 8:45   Don <b>Movement is Medicine</b> 9:45   Joe

### HOURS OF OPERATION:

Monday, Wednesday, Friday: 6:30 am – 6:30 pm (\*\*Please note that the pool closes 30 minutes prior to closing time)

Tuesday & Thursday: 6:30 am – 8:00 pm

Saturday & Sunday: 8:00 am – 2:00 pm (\*\*Please note that the pool closes 30 minutes prior to closing time)

## POOL CLASSES

**Arthritis Basics:** Beginner Level class with no \*White Water\*- Students will go through a series of movements to help with pain from arthritis. Range of motion, flexibility and muscle strengthening exercises will be performed as well as memory and cognitive thinking exercises

**H2O Aerobics:** A moderate to high intensity aquatic aerobics class ending with arthritis range of motion exercises as a cool down.

**H2O Ai Chi:** Ai Chi uses gentle slow movements in progression and mental focus on flowing movement of the body and balance. Body posture, movements of Life energy, balance and meditation. It is a combination of Gigong, Tai Chi and balance for healthful living.

## LAND CLASSES

**Strength Circuit:** Components of strength and conditioning are used in a fun group setting to strengthen your upper body, lower body, core, increase flexibility, and improve cardiovascular health.

**Cardio Interval:** Have fun in this high energy low impact cardio class mixed with intervals of weight training using a variety of equipment - Hand Weights, Body Bars, Exer-Tubes, etc.

**Mat Pilates:** This beginner pilates class will include light weights and equipment. Pilates is a strengthening and lengthening form of exercise that focuses on your core (trunk) muscles while also training your arms and legs. Standing balance exercises will be sometimes be incorporated at the end of class.

**TaijiFit:** Combines the best elements of fitness, meditation, and the ancient art of Taiji (Tai Chi). This workout connects the Mind and Body in what is called FLOW. It is Movement Meditation. It helps improve balance, mobility, endurance, flexibility, breathing and coordination in a gentle way.

**Yoga Sculpt:** A fiery blend of yoga flow and strength training. Expect light weights, bursts of cardio, and breath-led movement that tones, strengthens, and energizes. Perfect for kicking off your week with power and sweat.

**Fusion Flow:** blends gentle yoga-inspired movement with strength and light cardio to improve flexibility, balance, and total-body fitness. This flowing, low-impact class is adaptable each week, allowing participants to move at their own pace while building strength, boosting energy, and feeling more connected to their bodies.

**Movement is Medicine:** is a thoughtfully designed class that builds strength, improves cardiovascular health, and enhances balance and mobility to support everyday life. Each session blends functional movement and corrective exercise, with weekly programming adjusted to meet the needs, goals, and feedback of participants—so everyone can move better, feel stronger, and stay confident.